

In the claims:

1. (currently amended) A method for use by a station capable of communicating via an access point in a wireless communications network via a radio frequency channel, comprising the steps of:

receiving a message from ~~the an~~ access point, the message containing information indicative of an amount by which to attenuate transmit power ~~about the access point's power level~~; and

adjusting transmit power by the indicated amount in response to the information in the message.

2. (original) The method of claim 1 wherein the information is a transmit backoff level that indicates how far the access point's power has been reduced.

3. (currently amended) The method of claim 2 wherein the step of adjusting transmit power reduces ~~sets~~ the station's transmit power relative to maximum transmit power by ~~to~~ the transmit backoff level received in the message.

4. (original) The method of claim 3 further comprising the steps of: transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.

5. (original) A method for use by a station capable of communicating in a wireless communications network via a radio frequency channel, comprising the steps of:

receiving a message from an access point, the message containing a transmit power backoff level that indicates how far the access point's power has been reduced;

adjusting transmit power by setting the station's transmit power to the transmit backoff level received in the message; and

transmitting messages to other devices in the wireless communications network, the messages including a power backoff level indicative of the amount by which the station's transmit power has been adjusted.